

Southern Ontario College of Osteopathy
Understanding the Principles of Manual Therapy.
Integration of the osteopathic approach to diagnosis and treatment into current health practices.
(Course outline)
23 hours total

Theory 11 hours:

1. History of manual therapy - osteopathy
2. Manual therapy - osteopathic philosophy
3. Manual therapy - osteopathic terminology
4. Embryology
5. Basic principles of biomechanics.
6. Barrier concept
7. Central, autonomic and peripheral nervous system
8. Principles of neurophysiology
9. Medical imaging
10. Ergonomics in manual therapy - osteopathy
11. Professional ethics, Practitioner/Patient relationship

Practical 12 hours:

12. Manual therapy – osteopathic assessment
13. Palpation
14. General (Global) listening
15. Clinical osteopathy (Clinical and structural diagnosis)
16. Models of osteopathic care
17. Introduction to manual therapy and osteopathic treatment techniques
18. Integration of the osteopathic approach to diagnosis and treatment into current health practice.